

COPING WITH THE FIRES:

HOW YOUR EAP CAN HELP

Your Employee Assistance Program (EAP), provided through MHN, can help you during this time of crisis. We provide online self-help tools, EAP counseling services and more.

SERVICES FOR MEMBERS

- » **Telephonic Counseling** – If you need help coping with this traumatic event, call MHN directly using your company's toll-free access number listed below.
- » **Online Member Services** – MHN has resources available on its member website (members.mhn.com) to help members cope with stress, grief, traumatic events and more. To use the website, simply register and create a user name and password. Your company access code is listed below.

ADDITIONAL SERVICES

Below is a list of other online resources that may provide useful information:

- » **American Red Cross**
www.redcross.org
- » **FEMA**
www.fema.gov
- » **U.S. Environmental Protection Agency**
www.epa.gov/naturalevents
- » **UpdateLA**
www.updatela.com
- » **ReadyLA**
www.readyla.org
- » **Twitter**
twitter.com/readyla
- » **Facebook**
www.facebook.com/readyla
- » **Health advisories/public health information**
www.lapublichealth.org

Need help?

Call toll-free, 24 hours a day, seven days a week:

(866) EAP-4SOC (327-4762)

TDD: (800) 327-0801

or visit us at: eap4soc.mhn.com
access code: **soc**

When Fire Hits Close to home

- » If you are asked to evacuate, do it. Better safe than sorry.
- » Do not re-enter a fire-damaged building until a trained professional has told you it's okay to do so.
- » Contact your insurance provider as soon as possible.